

# Pleasant Hills Community Newsletter

## June 2026

phnewsgroup@gmail.com



### PLEASANT HILLS CWA

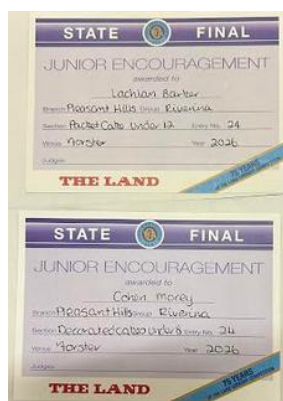
We held our May meeting in Henty.

After our big birthday in April, all agreed we'd had a lovely time, and because of the way we catered, we'd all been able to be part of the celebrations.

State Conference was held in Gosford, and Carol and Nett were our delegates.



We were absolutely thrilled that both our student cooks from Pleasant Hills School who had cakes in the State Finals got Highly Commended Awards which was just wonderful.



Our Recipe Books, which we printed in honour of our 90<sup>th</sup> birthday, are selling well. We are hoping to raise \$1000 for the Pleasant Hills Hall out of these. Anyone who would like one, there are some for sale at the Pleasant Hills Store and Dale's Electrical in Henty or contact Lyn Jacobsen on 0428690222 or Nett Maloney on 0421983244. They can be posted for an extra \$2.00.

Whilst our Handicraft plate of food didn't get a prize, it still looked great, as did Toni Hasler's cushion in the recycled articles.

The Show Committee reported to State Conference that they had made \$170,000.00 at last year's Show, and the raffle had made \$18,000.00 for Disaster Relief! A lot of work, but well worth the effort.

We held a Cake Stall at Bunnings, where we've raised \$1000 for both the Royal Flying Doctor



Service and Pancreatic Cancer Research, which was our aim. We thank the people who cooked plus the members who weren't able to cook that put in a donation. Really, a marvellous result, so thank you all. One of the speakers at State Conference was from RFDS and mentioned that it has had its funding cut, so they had a raffle at the Gala Dinner which raised \$1981.00 for RFDS, which was an amazing effort.

Three of our members attended the Group International Day, which was held in Wagga last Saturday. The Wagga Fijian Community entertained us with their singing and dancing, as well as cooking us some lovely Fijian dishes for lunch.

Our next meeting will be at the UPA Meeting room in Lavington at 10am on 10<sup>th</sup> June.

Lyn Jacobsen.

## Pleasant Hills Community Hotel

The week of 25 May saw the welcome return of the Frontier Services team to our community hotel for Stage 2 of several maintenance and painting projects. Led by the wonderful Therese Clancy their work has included the installation of new flyscreens on bedroom windows, cleaning, painting, helping to further improve the comfort and presentation of our hotel & facilities. We sincerely thank the Frontier Services volunteers for their continued support of our community hotel.

We have recently been advised that the ABC television program *Back Roads* has deferred its planned visit to our hotel until 2027. While this is disappointing news, we look forward to welcoming the program team in the future and showcasing our wonderful community when the opportunity arises.

Looking ahead, we are excited to host the local Tractor Trekkers, who will visit the hotel on 7–8 August.

The new fireplace in the hotel bar area is now operational and already proving popular. It will certainly be appreciated by patrons during the colder winter months. Work also continues on the new disabled toilet block. Once sowing is complete, our dedicated team of local volunteers will return to the project to help bring this valuable community improvement to completion.

Recently, we farewelled Marty Chamberlain from the hotel committee. Over many years, Marty & his partner Amanda served as the hotel cleaners and Marty contributed greatly to the running of the hotel. We sincerely thank Marty for his dedication and service to our community hotel and wish him all the very best for the future.

At the same time, we are pleased to welcome Nadine Kiggins as our new cleaner. Nadine has already made a wonderful contribution and we are very appreciative of the work she has done so far.

The hotel committee has also confirmed the date for our Annual General Meeting, which will be held on Thursday 14 August 2026 at 7:30pm. Please also note the following upcoming community events:

- Drum Muster – Monday 15 June
- Pleasant Hills Fire Brigade Meeting – Friday 12 June

- Lockhart Poker Run Visit – Saturday 20 June

We are also planning to organise a future trivia night at the Hills, so stay tuned for more details in the coming months.

We thank everyone for their ongoing support of our community hotel and look forward to seeing you at upcoming events.

Many thanks Clare Hamson.

## School News and Reviews



### Mother's Day

We hope that all the mothers enjoyed a special Mother's Day.

The students decorated their pots during creative arts with Mrs Madden.

### Pen Licence awards

The smiles reflect how excited Lachlan and Lucy were to be awarded with their pen licences last week. Congratulations on achieving this special milestone!

### Merit Awards

Congratulations to Samantha, Laura and Connor for receiving at least 10 assembly awards this year. They have received their second merit award for 2026.

### GK Athletics Carnival

Our school students did extremely well with all students receiving certificates for their efforts at the Lockhart recreation ground. Congratulations to Yerong Creek Public School who came First this year and Pleasant Hills came a very close Second.



## CWA State Final Sydney

Congratulations to Lachlan Barker and Cohen Morey who entered in the State Final in Sydney. Well done to both our students who were awarded the Junior Encouragement Award.

### Reminder

Pleasant Hills Public School will host the Biggest Morning Tea on Wednesday 27th May from 10:00am – 11:30am. Everyone is welcome to attend. We will be joined by the Pleasant Hills Preschool. Please bring a bring a plate of food to share (if possible).

There will be a donation box for The Cancer Council and the students have been busy organising their activities.

### Seen a Superb Parrot?

Our school went to Henty Public School on Monday 25<sup>th</sup> May for an excursion. The students and staff learnt about the 'Superb Parrot' and how to look after the parrot and keep it safe. We went into the school hall and looked at the student's artworks and projects. We learnt that the Superb Parrot is colourful and the female is less pretty than the male. It is a threatened species.

The students planted a tree in the school grounds and then all our students received a tree to take home to plant. The lady from Landcare spoke to us about the Superb Parrot and the Sugar Glider. She explained that trees can take a long time to become hollow, so you can make a nesting box and put this in the trees around the farm or school to give the Parrots and the Sugar Glider a home and a nest. The students also enjoyed playing on the playground area and afterwards we all had a lovely morning tea provided to everyone who attended.



## Pleasant Hills Pre School



The preschool children experimented with weighing different objects using the scales. They were able to use words such as heavier and lighter to describe what they were seeing. We did some 'magic' paintings! We began by using a candle to make invisible pictures and patterns on the paper, then painted over them with an ink wash. This exposed the hidden drawings made with the wax candle! Magic. There has been quite an interest in the tools during our outdoor play time. The tools have inspired such games as mechanics. The preschoolers have set up a fixing shop where the bikes are taken if they break down.

Mia Heaphy.



## Hills Happenings



### Birthdays:

Happy 80<sup>th</sup> Birthday to Les Heald for the 15<sup>th</sup> June.

Les

Happy birthday to the best husband and pa anyone could wish for. I couldn't do life with anyone better. The kids are a tribute to you as you're there for every milestone and event in their lives. We love you infinity.  
Love your family

### Proud Parent Moment



Congratulations to Tia Lieschke on graduating with a Bachelor of Nursing and Paramedicine.

## Pleasant Hills Patchwork Group



As can be seen in the above collage the May Patchwork meet was a hive of activity, with some working on the Stained Glass Stack and Slash, and others continuing with their own project.

Our next meet is Saturday June 20<sup>th</sup> and this is a UFO day so you can continue working on your previous projects and hopefully getting them a step closer to finishing.

BYO: Your own project, sewing machine and all sewing requisites, \$7 for hall hire and your own lunch. We start at 9.30 and finish around 3.30 but you are welcome to come anytime on the day.



Save the date quilter friends!

Printing costs are met by Henty and District  
Community Bank® Branch Bendigo Bank





## Fire Brigade



The AGM will be held Friday 12<sup>th</sup> June at 7 pm  
at the Pleasant Hills Community Hotel.  
All community members welcome to attend.

## Council Waste Disposal

Pleasant Hills Council Waste Disposal site  
open every Tuesday 1000 – 1200.

## The Hungry Poet

- a Poem by Trudy Smith.

There was an old poet named Trudy  
Who when hungry was grumpy and moody  
She'd stay up until late  
Dreaming of biscuits and cake  
And wondered if she might be a foodie.  
All the shelves in her pantry were bare  
Absolutely nothing of interest was there  
The fridge contents were off  
There were no treats to scoff  
Not even a bone the dog might like to  
share.

She called on the best cook she knew  
As he would know just what to do  
It's OK my dear  
When I've finished up here  
I'll make something especially for you.  
Off down to the garden he strode  
Through grass he had just freshly mowed  
As he inspected the ground  
There were herbs to be found  
And fresh eggs from a friend down the  
road.

Some oil, salt and pepper were located  
And a cheese that was edible when grated  
A dash of old long-life milk  
Produced a mixture of silk  
And the tastiest omelette was created.  
Now while the moral of this tale is in jest  
A full stomach will see me attest  
If you ply me with food  
I'll retain my good mood  
And leave the cooking to those who know  
best.

# Techno Info

**QR code scams are on the rise — Here's what to watch for. Plus, a plain English guide to all the AI tools everyone keeps talking about**

## **Tech Tip — QR Code Safety**

Most of us got pretty good at scanning QR codes during Covid — point your camera, wait for the link to pop up, then tap it, done.

But there's a problem worth knowing about called **quishing** (QR code phishing).

The idea is simple: a scammer prints a fake QR code and sticks it over a real one — on a parking meter, a café table, a flyer in your letterbox, or even in an email. You scan it, it takes you to a fake website, and before you know it you've handed over your bank details or downloaded something nasty.

### **The golden rules:**

**Look before you scan.** Is the QR code a sticker placed over something else? That's a red flag.

**Check the URL before tapping.** When you scan a QR code, your phone shows you the web address before you open it. If it looks odd — misspellings, strange characters, nothing you recognise — don't tap it.

**Never scan a QR code in an unexpected email.**

Banks, Medicare, and the ATO will never ask you to scan a QR code in an email.

**When in doubt, go direct.** Instead of scanning, just type the website address yourself.

QR codes from trusted places — menus, event tickets, business cards — are generally fine. It's the unexpected ones that deserve a second look.

## **What is all this AI stuff — and do I need it?**

You can't turn on the TV or open a newspaper without hearing about Artificial Intelligence, or AI. But what actually is it, and does it matter to someone in Pleasant Hills?

The short answer: yes, actually — and you probably already have it on your phone.

### **So what is AI?**

Think of it like a very well-read assistant who has consumed an enormous amount of books, websites, and information, and can now have a conversation with you about almost anything. You type (or speak) a question, and it answers in plain English. It can help you write things,

explain things, look things up, and work through problems with you.

It's not magic, and it's not always right — but it's genuinely useful once you know what to use it for.

## **But wait — isn't that what Siri and Google Assistant do?**

Good question! Siri (Apple) and Google Assistant have been around for years, and yes, they could answer simple questions. But the new generation of AI tools is a significant step up. Think of Siri as a basic calculator and the new AI tools as a full accountant — same general idea, completely different level of capability. The new tools can have a real back-and-forth conversation, help you write a letter, explain a complex document, or work through a problem with you. Siri still has its place for quick things like setting a timer or making a call — but for anything more involved, the newer AI tools are in a different league.

### **The main ones you'll hear about:**

**ChatGPT** — Made by a company called OpenAI, this was the one that started the current AI craze back in 2022. You can use it for free at [chatgpt.com](https://chatgpt.com). It's a good all-rounder for writing, questions, and ideas. Many people just call it "chat" (as they can't remember the order of the GPT!)

**Claude** — Made by a company called Anthropic (and the one I use personally — it sounds the most human). Available at [claude.ai](https://claude.ai). Tends to give longer, more thoughtful answers and is particularly good for writing help and explaining complex topics simply.

**Gemini** — Google's AI, built into Google Search and Android phones. When you search using Google, it will often use a Gemini (AI) response. If you use an Android phone, you may already have a Gemini button on your screen. Also available at [gemini.google.com](https://gemini.google.com).

**Grok** — Made by Elon Musk's company and built into X (formerly Twitter). If you use X, you'll find it in the app.

**Meta AI** — This one's already in your pocket if you use WhatsApp, Facebook, Instagram or Messenger. Look for the blue circle in your WhatsApp chats — that's Meta AI. Just tap it and start asking questions. My Mum has been telling me she uses AI and has been asking it all sorts of questions... this is what she means!

**Apple Intelligence** — If you have a newer iPhone (iPhone 15 Pro or later running iOS 18), Apple has built AI directly into Siri and various apps. It can summarise messages, help you write, and more.

**What can you actually use it for?**

Here are some real, practical examples:

“Can you write a letter to my council about the road outside my house?”

“What are the symptoms of rust in wheat crops and how do I treat it?”

“Can you give me a simple recipe for a big batch of scones?”

“Explain my electricity bill to me — what is a peak tariff?”

“My Medicare letter says I owe a gap payment — what does that mean?”

“Write a thank you note for our volunteers”

Basically anything where you’d normally say “I wish I could just ask someone who knows about this”— that’s where AI helps.

**A few things to keep in mind:**

Don’t share personal information like your bank details, tax file number, or passwords with any AI tool.

AI can make mistakes, especially on very local or very recent topics. Always double-check anything important.

It’s free to get started with all of the above — no need to pay for anything to give it a try.

The best way to understand it is just to try it.

Open WhatsApp, tap the blue Meta AI circle, and ask it something you’ve been curious about. You might be surprised.

**A bit more advanced**

Once you’re comfortable with the basics, AI can do a lot more. You can use it to create or edit images — “add a green hat to the man on the left in this photo” or “create a watercolour painting of a lake with a snow-capped mountain.” There are even AI tools that can create songs and music, generate videos, build 3D models, and help you redecorate your home. But that’s a story for another month!

Yvonne Lee.



**drumMUSTER**

**Collection day at Pleasant Hills Tip will be:**

**Monday, June 15<sup>th</sup>**

**9am- 10:30am.**

**NOTIFY US IF YOU HAVE A LARGE LOAD.**

**Suz Forck: 0428293047**

**RINSE, RINSE, RINSE**

**NO LIDS or BUNGS**

**PUNCTURE STEEL DRUMS.**

**All proceeds go to the Pleasant Hills Community Assoc (the pub).**

**Honouring Callum’s Life**



## *Hills History*

### “Horses, Horses Everywhere”

In the early days of the Australian colony bullocks were used for pulling drays, wagons and ploughs. Ownership of a horse was reserved for the wealthy who could afford the £60 to £80 needed to buy one.

Travel for the poorer classes was by bullock dray or on foot. Teams of bullocks continued to be used for heavy work right through the nineteenth century and into the beginning of the twentieth century.

People who attended Walbundrie School in the years up to 1910 can remember teamsters camped with their bullock teams and wool wagons on the present showgrounds (Walbundrie). Jack Lucas remembered counting 32 bullocks in one team. Mrs Wiesner remembered groups of 2, 3 and four wool wagons with teams of bullocks going past the school as they took the wool clip from outback stations to the wool stores in Albury.

The first of the heavy draft horses used in the district were from an English breed called Shires. These were very heavy, slow breed more suited to dray work than to general agricultural use. Mr Ralph Ellis had a Shire horse called “Cumming King”, about 1910. The Shires lost favour and were superseded by Clydesdales. Clydesdales were beautiful horses with white markings on most of the legs and a blaze on the face. There were many handsome big Clydesdale Stallions in the Walbundrie district.

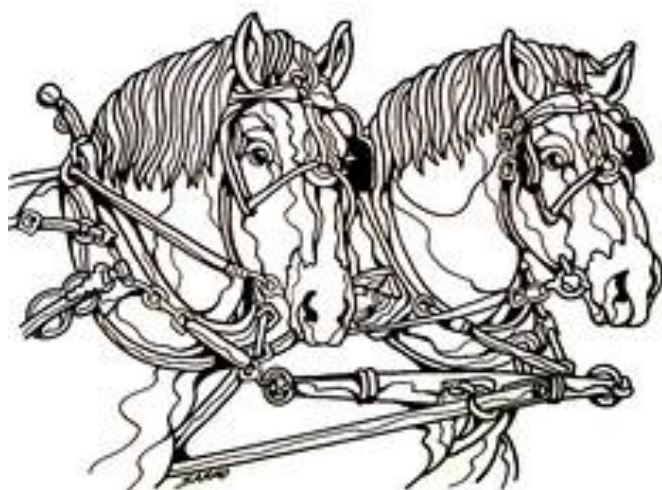
Mr Ralph Ellis owned “Carmicheal” which he purchased from Mr Pat Tennison of Lockhart.

Mr Roy Burns of Walbundrie was the owner of another well-known stallion.

Mr Bill Yensch took many prizes at Walbundrie Show with his Clydesdales. Mr R Gulliver also had stallions in the district. Arthur McDonald of Bulgandra always brought his horse “Fabricof’s Heir” to the Walbundrie Show. Jack Power, Bill Kirkwood, Alf Scholz and Bill Gusket were other regular exhibitors of Clydesdales. Harry McCrum competed at the show with “Lorendal Dundonald” and as many horses as he could get ready for the event. Eight or nine horses often left his farm, “Strathfield” for the showground.

(From the book “Walbundrie – Riverina Crossroads” from 1978. Page 109.)

Discovered by: Fiona Beckett



## Our Backyard

### KHOLRABI

Well, the cold is nearly here (we hope), but at the moment it is still pretty warm and not too late to harvest some winter vegetables. This year I decided to try something that I have never tried before. Checking the nursery in that hardware store that sizzles sausages on a Saturday, I found that there were many punnets of such a vegetable; Kohlrabi. Although they are not growing very quickly, they are surviving (it may be the unusually warm weather). Here in the photograph they are surviving with some snow peas, who are always a success and through the wire are some butterbeans which to date have survived through flowering and into producing tiny beans. Now I shouldn't have planting these, according to the packet until spring, but at the time I just planted these without reading the instructions (silly me). I may get a small crop though, if I keep them covered and the frosts are mild. As a matter of fact, that is about the story of my garden. Just plant it and see if it grows. Other vegetables to try are broccoli (including bunching) and Brussel sprouts best at this time of year in punnets; and don't forget the very popular parsley and rocket which easily grown from seeds or seedlings. In fact, most winter vegetables can be grown at this time of year. Prepare a plot and throw in some mixed seeds or seedlings.

Cover (to keep those pesky black birds at bay) with wire mesh, water regularly and see emerges. Pots are also an option because are easily removed from the elements, when they arrive.

Kohlrabi is also sometimes called a turnip-rooted cabbage and, while this name is very attractive, it is descriptive. The foliage of kohlrabi resembles a cabbage, but the plant develops a swelling at the base similar to that of a turnip. The leaves, leaf stalks and stem of this vegetable are also edible.

Kohlrabi is best grown quickly and eaten while still young. Like all brassicas, is a heavy feeder with a high demand for nutrients, but it is easier to grow than cabbages, cauliflower and broccoli. Neutral to slightly alkaline soils of 6.5 – 7.5 are preferred. Regular watering produces rapid growth. Developing plants tend to push

themselves out of the ground, until the swollen stem sits on the surface of the soil in a manner similar to beetroot.

Well-nourished plants develop stems 5 – 10 cm in diameter in 8 – 10 weeks and can be harvested at any time but continuously defoliating plants will slow development of the stem. Having a planting period from April to September they can easily replanted a couple of times a year.

Young leaves can be sliced thinly for use in coleslaw and the grated stems used raw in salads. The leaves and leaf-stalks can be used in soups and stir-fries of for any recipe requiring cabbage. Boil the swollen stem, then peel, chop and serve with a little butter, garlic and freshly cracked pepper.

(From: Organic Vegetable Gardening by Annette McFarlane.)

Bob Marshall.



## Charlie's Footy Column

The Hume League is looking fantastic at the moment, with high-quality teams facing each other and lots of unexpected wins. RWW is leading the chase with only one loss. Henty seniors are close behind with an amazing win over Lockhart, beating them by a whopping 107 points, with Frances Tipungwuti kicking an outstanding 9 goals. Osborne Tigers are losing one after another, with CDHBU beating them easily in the end by 31 points. Holbrook got their first win of the year against Billabong Crows, and Brock Burrum's high-flying start came to an end after losing to Culcairn by 2 points. Current ladder leaders, **Seniors-** RWW Giants, **Reserves-** RWW Giants, **U17's-** CDHBU, **U14's-** Lockhart.

To the AFL, North Melbourne Kangaroos are playing some great footy with a goal after the siren to beat the Gold Coast Suns. Fremantle are still looking strong at the top of the ladder. Giants are finding some better footy, beating the Brisbane Lions by 78 points. The Geelong Cats have come off a good win against the Swans. After Michael Voss left the Carlton Blues, they have bounced back with two solid wins. Collingwood showed up to the occasion, beating the West Coast Eagles by 10 points in Scott Pendlebury's 433rd AFL game, which broke the AFL record for most games played.

Charlie Clancy.

## Caitlin's Netball News

A big thank you to Caitlin's netball news over the past several months. We have really appreciated your netball news and player profiles. It is now time for Caitlin to dedicate her spare time to other important adventures.

Wishing you well in your studies and sporting activities Caitlin.

## **Matt's Cooking Corner:**



### Grandpas Apple and walnut tea loaf

#### Ingredients:

- 125g butter, melted
- 3/4 cup panela sugar, brown sugar or honey
- 2 cups self-raising flour
- 2 eggs, lightly beaten
- 2 medium granny smith apples, peeled, cored, and grated
- 2 teaspoons vanilla extract
- 1 cup milk
- 1 teaspoon mixed spice
- 1 cup walnuts, chopped

#### Method:

- Preheat oven to 180°C/160°C fan-forced. Grease a 7cm-deep, 9cm x 25.5cm (base) loaf pan. Line base and sides with baking paper, allowing a 5cm overhang at both long ends.
- Melt butter in a small saucepan over medium heat. Transfer to a mixing bowl. Add sugar, flour, eggs, apple, vanilla, milk and mixed spice and three-quarters of the walnuts. Mix until well combined. Spread into pan.
- Spread remaining walnuts over the top and press in lightly.



- Bake for 50 to 55 minutes or until a skewer inserted into the centre comes out clean.
- Cool in pan for 10 minutes before turning onto a wire rack to cool completely.
- Serve cut into thick slices with or without butter.

# Honouring Callum's Life.

The Smail and Scholz families would like to sincerely thank the Pleasant Hills community for the incredible kindness, support and compassion shown to us following the passing of our beloved son, brother, partner and friend, Callum Smail, on 13 April 2026.

In the weeks since losing Callum, our family has been overwhelmed by the meals, messages, phone calls, visits, fundraising support, flowers, donations and simple acts of kindness that have helped carry us through the hardest time of our lives. The strength of this small community and the care shown by so many people will never be forgotten.

Callum loved the agricultural community and the friendships he built through farming, work and his time at Longerenong College. In honour of his memory, we are establishing the "Callum Smail Memorial Scholarship." The scholarship is intended to support a deserving student pursuing agricultural studies, with a focus on helping young people who demonstrate community spirit, mateship and a commitment to safety and supporting others — qualities that reflected who Callum was.

It is our hope that this scholarship will help keep Cal's name and spirit alive for future generations.

We would also like to thank everyone who has already contributed towards the scholarship fund. Your generosity means more than we can properly express.

Donations can still be made at the Pleasant Hills Pub or via bank transfer to:

Account Name: Cal's Scholarship

BSB: 923 100

Account Number: 89893874

From the bottom of our hearts, thank you for standing beside our family and helping us honour Cal's life in such a meaningful way.

Thanks

Rebecca, Jamie, Brittany and all  
Smail and Scholz families



## Newsletter

Many thanks to all our contributors, as without your contributions we would have no newsletter to read. Please continue sending them in by the last week of the month to [phnewsgroup@gmail.com](mailto:phnewsgroup@gmail.com)

A local Pleasant Hills resident has kindly set up a website where the monthly Newsletters will be hosted to. Website address is <https://pleasanthills.life/> Past and present Newsletters will be able to be viewed on this site. It may take some time for past newsletters to be made available to this site - due to this editor having a life 😊

Remember - If we don't know about it, we can't put it in the Newsletter. So please email the Newsletter if you want something (like significant birthday's / anniversaries) included in the Newsletter.

Our newsletters are now free thanks to Henty Bendigo Bank, but cost \$20 per year if you need them posted to you. If so, please give your postage cost to Virginia Clancy. If you now have access to emails, a digital copy can be sent to you. If you would like to join our email subscribers, please send your address to [phnewsgroup@gmail.com](mailto:phnewsgroup@gmail.com)

## Diary of Events

Monday 1<sup>st</sup> June  
Winter has arrived.

Monday 8<sup>th</sup> June  
King's Birthday Public Holiday

Wednesday 10<sup>th</sup> June  
CWA meeting 10am UPA  
meeting room Lavington

Thursday 11<sup>th</sup> June  
Mobile Library 10:40-11:40am

Friday 12<sup>th</sup> June  
Fire Brigade AGM 7pm @  
Pleasant Hills Hotel

Monday 15<sup>th</sup> June  
DrumMUSTER

Saturday 20<sup>th</sup> June  
Patchwork group meet

Saturday 20<sup>th</sup> June  
Lockhart Poker Run visit

Sunday 21<sup>st</sup> June  
Winter solstice

Thursday 25<sup>th</sup> June  
Mobile Library 10:40-11:40am

